



Using Loving Support To
GROW AND GLOW
 in WIC

WIC Food Packages for Breastfeeding Mothers and Babies

	Food Packages for Mothers		
	Fully Breastfeeding GRAND DELUXE	Partially (Mostly) Breastfeeding DELUXE	Fully formula feeding (minimal or no breastfeeding) BASIC
Length of Time	1 year postpartum	1 year postpartum	6 months postpartum
Fruits and vegetables	\$10.00 cash value voucher	\$10.00 cash value voucher	\$10.00 cash value voucher
Fish (canned)	30 oz	None	None
Whole wheat bread or other whole grains	1 lb	1 lb	None
Eggs	2 dozen	1 dozen	1 dozen
Cheese	1 lb	None	None
Legumes	1 lb beans <i>and</i> 18 oz peanut butter	1 lb beans <i>and</i> 18 oz peanut butter	1 lb beans <i>or</i> 18 oz peanut butter
Breakfast cereal	36 oz	36 oz	36 oz
Milk	24 qt	22 qt	16 qt
Juice	144 fl oz	144 fl oz	96 fl oz

Food Packages for Infants			
Breastmilk or Infant Formula	Mother's Priceless Breastmilk	Mother's Priceless Breastmilk (minimal WIC infant formula*)	WIC Infant Formula*
Infant food fruits and vegetables	256 oz of fruits and vegetables (64 - 4 oz jars)	128 oz of fruits and vegetables (32 - 4 oz jars)	128 oz of fruits and vegetables (32 - 4 oz jars)
Infant food meats	77.5 oz of infant food meat (31 - 2.5 oz jars)	None	None
Infant cereal	24 oz	24 oz	24 oz

* Infant formula amounts vary based on the age of the infant and the food package assigned.



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